# Division of Services to the

Deaf and Hard of Hearing

# DSDHH

# Monthly Newsletter



### March 2012 18th Year

Robert G Sanderson Community Center of the Deaf and Hard of Hearing

5709 South 1500 West Taylorsville, UT 84123-5217



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Marilyn Call Division Director

You see signs in many places of business that say, "Please excuse our mess. We are remodeling to serve you better." At the Sanderson Community Center we are making some changes to serve you better. But with our great staff we hope it won't be too messy.

The changes we are making started because the Sanderson center needs a bigger room to demonstrate assistive technology. As you are hopefully aware the Public Service Commission (PSC) changed how they define low income for people to be eligible to get a free specialized phone. Receiving Medicare is not one of the qualifying low-income programs anymore. This means many people who need amplified phones will need to buy one. As a service to Hard of Hearing people we are expanding our Demo Lab to carry more phone technology with an array of prices. As with many changes in life, one change created the falling domino effect. It is hoped that the outcome will serve

#### Director's Message:

# Room changes at the Sanderson Community Center of the Deaf and Hard of Hearing

everyone better.

The changes are:

- 1) The Demo Lab is moving to the Interpreter Lab (which originally was a library).
- 2) The Interpreter
  Lab/Certification testing
  room is moving to Classroom
  A. This change will be very
  beneficial to the interpreter
  certification and mentoring
  program.
- 3) Classroom A (including the computer lab booths) is moving to the TTY repair shop. The change from TTY's to VP's has totally changed our need for a big repair room.
- 4) Office changes
- a. Julio Enriquez will have his

own office in the old Demo Lab.

- b. Eduard Santiago's office has been moved to the east wing (Joy Roberts' former office).
- c. VR Office Scot Ferre and Karen Osborn have moved to the South Valley Office.
- d. A new Deaf VR counselor, Brett Hymas, will work out of Scot's office a few days a week. This will be officially announced soon.

One of my favorite quotes about change is, "Change always comes bearing gifts." We hope you all will benefit from these changes and bring cookies to our maintenance staff for all their hard work.



# Buy \$300 worth of groceries and pay only \$30!

By Kim Thornsberry, Case Manager

Have you heard about people buying \$300 worth of groceries for just \$30, or even \$500 worth of food for just \$5? People can feed a family of seven (7) spending less than \$100 a month and have a stockpile in the pantry? Yes, if people search for coupons and research sales, then it is possible! You can, too!

It helps to match store sales with discount coupons for extra savings. For example, the grocery store has a \$3 deodorant on sale for \$2 and you have a coupon offering \$1 off. Your total price for the deodorant is \$1. Here is a link that will help you match what is on sale at the store and where to find the coupon: www.grocerysmarts.com

There are some other great places to find information about sales and savings coupons. A friend of mine referred me to Kat's Klipping on Facebook as well as the Thrifty Deafies page on Facebook that has ASL Vlogs about coupons. I found them very beneficial and helpful, so I want to share what I found.

#### Websites to find coupons in Utah:

http://www.coupons4utah.com/

www.grocerysmarts.com

#### The Thrifty Deafies:

You need to have an account with Facebook in order to join the "The Thrifty Deafies" Facebook page. Click "like" it to join this group. It has great information about how to save \$\$ using coupons, where to find good bargains, tips and Vlogs in ASL as well. If you do not have a Facebook account, you can go to this website: http://thethriftydeafies.blogspot.com/

#### Kat's Klipping:

Same with the Thrifty Deafies – you need to have an account with Facebook to join this group. Kat's Klipping is local and focuses on coupons and good deals in Utah. Kathryn Gibson, founder of Kat's Klipping, also runs www.grocerysmarts.com. Kathryn is an instructor and teaches classes about the grocery smarts system. You can sign up for Sunday newspapers at a discount price through Kathryn. For further information, contact Kathy at kat.gib@gmail.com

Coupons also can be found in:

- Grocery stores (you could find coupons stick to the shelf in aisles)
- Magazines
- Newspaper (mostly Sundays and Tuesdays)
- Online printable coupons using a computer/laptop and printer (coupons.com, coupons4utah.com, grocerysmarts.com, Wal-Mart website, Target website, Smith's grocery website, etc.)
- Catalina coupons –printable coupons for stores
- Upload coupons (for example log in Smith's grocery website using Smith's

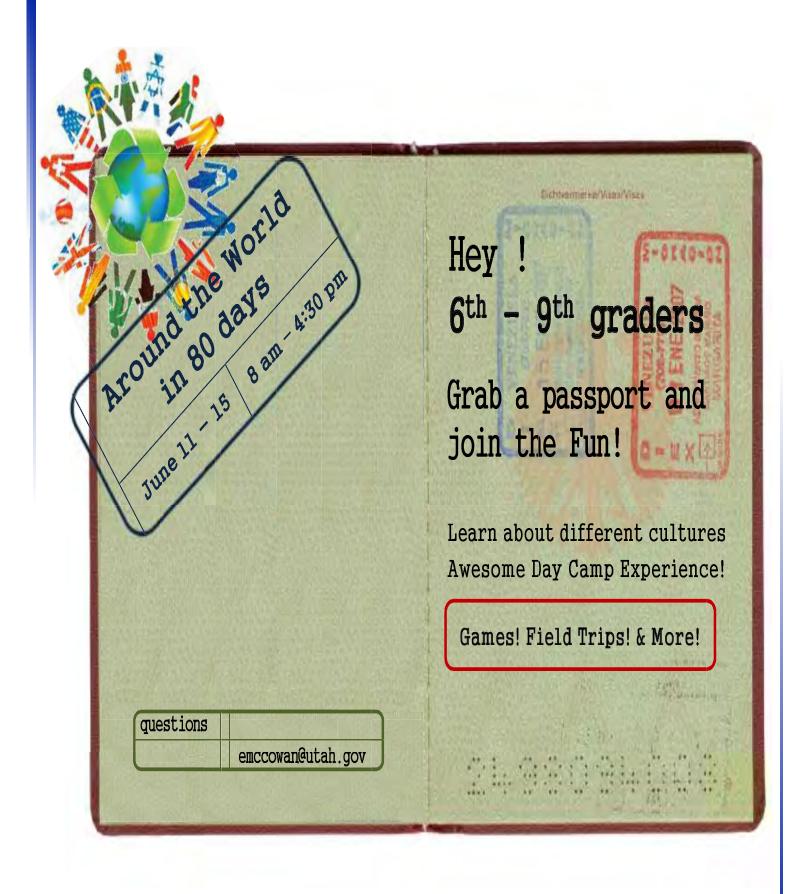
reward card information to upload digital coupons onto the reward card redeemable at Smith's).

#### Tips:

- Most coupons can be good for 3-6 months, depending on their expiration dates. Save them until you see sales on groceries or other items on your store's weekly ads or advertised sale items, then apply the coupon to that specific item. You will save more money getting the item that is on sale combined with the coupon.
- If you do not need some coupons

   swap them with your friends or family.
- Learn about each store policy on coupons – what kind of coupons does a specific store accept and doesn't accept, etc. This information can be found on store websites.
- Organize coupons, weekly ads, etc., in a binder or in file box.
   Binder is highly recommended because it is readily to use when you bring it to store with you. You never know when you see a sale item and you may have a coupon for that item as well.





#### SSI, SSDI, SSA, and RIB: What is the difference?

By Annette Stewart, LCSW, LVRC, CWIC

When applying for benefits at the Social Security office, it is important to know what you are applying for. The benefits are often confused with each other. Also, if you have one of these benefits and you are considering work, it is important to know the difference and how work will impact them. Here is a quick explanation of each.

Supplemental Security **Income (SSI)** is money that comes from the General Tax fund from the federal government. This is not Social Security. The S is for supplemental and the I is for income which means that the government will supplement your income for your living expenses. A person is given \$698 (for 2012) each month to pay for food, clothing, and shelter. If you have any other money, that money is counted first. Your SSI will decrease. There are also resource and asset limits.

Social Security Disability
Insurance (SSDI) is money
from the Social Security
fund. When you work, you
pay taxes such as FICA or
Social Security tax. This



money goes to the Social Security fund. The I is for insurance just like car insurance. When you are determined disabled, you receive your insurance money. This is your money and your benefit. If you pay car insurance and you are in a wreck, you will receive your money to fix the car. This is your benefit just like SSDI is your benefit. The amount depends on your age, how long you worked, and how much you earned. Because the insurance is your benefit, there are not resource and asset limits. You can be a millionaire and still receive SSDI.

Social Security Administration (SSA) is the governmental agency. This is not a benefit. It is often confused. If a person receives SSI, SSDI or RIB and it is directly deposited into a bank, the statement will say SSA. This means that the money is coming from the Social Security Administration.

Retirement Insurance Benefit (RIB) is the retirement benefit for older people who have worked and paid FICA or Social Security tax. You must be full retirement age to receive this benefit. If you have SSDI and you are at full retirement age, your benefit will automatically change to RIB. You do not have to do anything for it to change.

If you are thinking about returning to work and would like to know the rules for each program, please contact me or another Certified Work Incentive Coordinator (CWIC). The CWIC will explain your benefits and the rules for working. ajstewart@utah.gov or 801-657-5226 (vp) or 801-263-4892 (v)

## Support Person's Guide to Helping Friends and Family with Mental Health Issue

Do you have a friend or family member that has a mental health issue such as depression, schizophrenia, bi-polar disorder, etc.?

Are you confused by the illness and want to know how to help them?

Workshop offered to learn information on how to become a better support person!

- What you will learn:

  Different the kinds of mental health issues what are the symptoms and behaviors?

  What you CAN do to help?

  What you should NOT do or say.

  Setting boundaries without feeling guilty.

  Self-Care. Tips for taking care of yourself to prevent burn-out.

Workshops will be presented in ASL by professional counselors and Interns.
When: Wed, February 29th at 6:00 to 8:00 PM
and Repeated on
Sat. March 3rd at 10:00 to 12noon
Where: Sanderson Community Center for the Deaf/HH
5709 S. 1500 W., Taylorsville
Please let us know if you will be coming. Register by email: dsdhregistration@utah.gov
Also let us know if you need other accommodations when you register.
Deadline to sign up is Friday, Feb. 24, 2012



# Free Legal Advice

Interpreters will be provided.

Tele-conferencing is available throughout the statel

Every 2nd Wednesday of each month
From 3:00pm to 5:00pm
Sanderson Community Center of the
Deaf and Hard of Hearing,
5709 South 1500 West,
Taylorsville, UT 84123

Talk privately with lawyers from the Utah Legal Services if you have concerns about:

Employment discrimination Social Security issues

Food stamps

Medicaid/Medicare

Landlord/Tenant issues

Discrimination

Divorce

Custody

And other issues

Appointment is necessary. Please contact (im Thornsberry at 801.263.4883 (VP/TTY) or email at legalclinic@utah.gov. Any ADA accommodations need to be requested when making an appointment

## **BREAKFAST WITH BUNNY!**

SATURDAY, April 7, 2012 \*9 am to 12 noon Sanderson Community Center o/f Deaf and Hard of Hearing 5709 S. 1500 W. \*Taylorsville, UT

Bring Your Own Basket!

Don't forget your camera!

For babies to 12 years old are welcome!

Join us for FUN!

#### **HEARTY MENU**

Waffles, Bacon, Apple Juice \$5.00 per family of 4 \$1.00 per extra adult/child

#### **VOLUNTEERS WANTED!**

SATURDAY, APRIL 7, 2012

7:00 AM and 12 Noon — Preparations

9 am—12:00 pm: Breakfast & Egg Hunt

Time Shift: 7 am to 11: am OR 10:30 am to 2:30 pm

Volunteers MUST register with Edie

emccormick@utah.gov \* 801-657-5209 VP \* 801-313-6815



Brings You....

How are the Children?

Education at the Crossroads

Open Panel Discussion

Moderator:

Tom Ginter, parent of two deaf children

#### Panelists:

Deaf & hard of hearing children ages 8 to 18

We are looking for deaf/HH children to participate in the panel, please call us (435) 753-3282 or (435) 216-9716

Saturday, March 3, 2012

1:00pm - 2:00pm

Sanderson Community Center

for the Deaf and Hard of Hearing

5709 South 1500 West

Taylorsville, UT

Childcare provided for children ages 1 - 12

Broadcast available in St. George, call us for more details



See you there!!



# SUDHHP

# Southern Utah Deaf and Hard of Hearing Program

(an extension program of DSDHH in Southern Utah)



Southern Utah Deaf and Hard of Hearing Programs 1067 E. Tabernacle, Suite 10 St George, UT 84770 (435) 673-8974 voice (435) 216-9305 VP SUDHHPinfo@utah.gov

## March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
For Statewide activities, checkout www.uad.org For more information on state services www.deafservices.utah.gov Checkout our Facebook page: "Southern Utah Deaf and Hard of Hearing Programs"							
4	5	6 Last day of Cedar City ASL Classes	7 Last day of Cedar City ASL Classes Lip Reading class	8 Last day of Adv. Concepts class Last day of Cedar City ASL Classes	9 Ice Cream Social	10 Hiking	
11	12	13 Last day of ASL classes in St George	14 Last day of ASL classes in St George Lip Reading class	15 Last day of Beg. Concepts class Sego Lily Workshop	16	17 FYI: "Thunder over Utah" FYI: "Blue Angels"	
18	FYI Spring Bi	reak week for all of V	21 Lip Reading class "Homemade Cleaning Products" Workshop	Schools and Dixie Si  22	23	24	
25	26	27 Cedar City ASL Classes start this week	28 Lip Reading class Cedar City ASL Classes start this week	29 Cedar City ASL Classes start this week	Silent Weekend See flyer Tinnitus	Silent Weekend See flyer	

Remember to always RSVP to reserve your spot at any of the activities. If we receive less than 5 RSVPs, we will cancel the event. Let us know if you need any ADA accommodations when you RSVP. Thank you.

#### <u>Various Area Classes</u> <u>St George location: New classes start</u>

April 3, 4, & 5

ASL 1(Beginners):

Tuesdays 7:15 pm or Wednesdays

30 pm

ASL 2 Tuesdays 5:30 pm ASL 3/4 Tuesdays 7:00 pm Concepts 1 (Beginners) : TBD

Concepts 2 (Advanced) : TBD Lip Reading at St George Senior Center

1:00 pm on Wednesdays

#### Cedar City Location: Starting March 27, 28, 29

ASL 1 (Beginners): Tuesdays 7:00 PM

& Wednesdays 5:00 pm

ASL 2 Wednesdays 7:00 pm ASL 3 Thursdays 5:00 pm

ASL 5 Thursdays 5.00 pm

ASL 4 Thursdays 7:00 pm

#### **Hurricane Library Starts April 3**

ASL 2 (continuing) : Tuesdays 5:30

#### **Activities for the Month**

9th : Ice Cream Social 6:00 to 8:00 pm At Ice Berg Drive inn on St George Blvd

10th: Hike Meet at SUDHHP at 9:00am

15th : Sego Lily Workshop "Bullying" 6:00 to 7:30 pm at SUDHHP

17th : FYI : local area showing of "Thunder over Utah with the Blue Angels"

21st: "Homemade Cleaning Products" 4:30 pm at the Deaf Center

30th: Tinnitus presentation at SUDHHP 7:00 pm

30th & 31st : FYI : Silent Weekend at Dixie High School. See flyer



Grant Pemberton SUDHHP Director

On January 27th of this year I received a copy of the following paper written by Tylia Jackman of Western Governors University. She is an Early Childhood Education major. Her assignment was to find resources for families with young children. One of the resources had to include service for families needing language assistance; we were the second site she visited. I was impressed by her experience and immediately wanted to share this with the community. After Tylia's tour of SUDHHP she composed the following:

For my second site, I chose to go to the Southern Utah Deaf and Hard of Hearing Programs' Office. In our community there are a lot of resources available for ESL, and interpreters for Spanish speaking families. I chose to focus more on another resource that is not as well known. As an educator of young children, I need to know what is available when I have students or families that are Deaf or Hard of Hearing. At the risk of sounding ignorant, American Sign Language (ASL) is not seen as a foreign language to some people, just a way for Deaf people to communicate English. This is not the case. It has its own rules, complex grammar, and word order, as well as its own rich history and culture. (National Institutes of Health, 2011)

To learn more about the services available, I was able to set up an appointment to take a tour of the facility and interview two of the staff. Meredith Winn greeted me as soon as I entered the door and then finished her phone conversation in the front office

# Sharing a College Student Perspective

while I signed in. As I was looking around the main entry lounge, I had an opportunity to glance at the board that had upcoming events, activities and classes posted. I grabbed a pamphlet that looked full of official information and sat down to go over my questions.

Before I got too far, Meredith approached me for our interview. After introductions she readily gave me a tour of the facility. She was very happy and polite throughout the tour of the different rooms and programs available. She took her time explaining who each of the staff were and what they did for the Programs. I was able to see quite a few different technological communication tools that one of the staff explains to people who want to see and try the different devices, before deciding which would best suit their needs. They have a conference room where classes are held and an interpreter room where practice is available for those training to become interpreters. They have a library full of ASL learning resources, ASL culture and history information, as well as resources on how to deal with hearing loss. They also partner with Sego Lily Center for the Abused Deaf which offers help, support, and education about all kinds of abuse as well as help building healthy relationships.

After seeing the building, Meredith introduced me to Grant Pemberton, the Program Director for Southern Utah. The three of us discussed the rest of the services offered by this site, including Case Management. This is available for anyone who is feeling overwhelmed and needs help dealing with multiple agencies, like the Department of Workforce Services, colleges, Department of Child and Family Services, Alcoholics Anonymous, etc.

We discussed the many classes offered, including those through the Sego Lily Center, and the different activities they held for the community. All of the classes, activities and services they offered were free of charge to anyone interested in them including; educational workshops, ASL classes, game night, culture classes, and library items such as Signing Time DVD's that teach babies and young children ASL. They also have a staff member that presents a program to local elementary schools on how to protect their hearing, so that hearing loss is minimized as they grow older.

The procedure begins when someone walks through the door. They are simple and comfortable. Meredith greets them, and then either assists them or introduces them to someone who can best help their specific needs. Of course, this facility had accommodations for special needs, and the local public transportation is just down the street.

Because this center is for education and assistance, most of their population is in and out. The building has held near 80 people at once, but the services offered do not require you to be at the location for extended periods of time. This is how the Southern Utah Deaf and Hard of Hearing Programs are able to serve the entire Southern Utah population, which includes the Deaf and Hard of Hearing community.

While I was there I expected to be uncomfortable. I went in not knowing what to expect, and being quite ignorant about ASL and the Deaf

#### (continued from pg. 11)

population as a whole. I left the interviews with a handful of upcoming activities and information on ASL and resources available. I was so excited when I left that I almost hugged Meredith, but opted for a more professional good-bye and shook her hand, thanking her repeatedly.

Although the Programs are directed toward enhancing the lives of the Deaf and Hard of Hearing, I can see how such a caring organization can enhance the lives of everyone that walks through the door. The staff is kind and open and fully encourages the education of the culture and ASL. On my tour I was able to see beautiful artwork that was done my members of the community and donated to the offices. It feels more like family than an office.

I would jump at the chance to recommend this program to families with children of all ages. I am looking forward to the time when I will be able to use the skills I intend to acquire through the classes this resource offers. I am very pleased to have this program in my bank of resources. I will be able to get an interpreter if I need help with a family or student that uses only ASL. This will be an invaluable resource for those who need it, and quite the bonus resource for those who are interested in learning a new language.

I was impressed with what Tylia wrote. I hope that all those who visit the Southern Utah office will see we are always working toward our mission: To provide education, advocacy and accessible support services which enhance the quality of life for people who are Deaf or Hard of Hearing.



Window Cleaner



Southern Utah Deaf and Hard of Hearing Programs

1067 E. Tabernacle, Suite 10 St George, Utah 84770 SUDHHPinfo@utah.gov (435) 673-8974 voice (435) 216-9305 VP



# "Homemade Cleaning Products"

Presented in ASL by Robin Meeks

Learn how to make your own cleaning products that work GREAT and are CHEAP! Just in time for Spring Cleaning.

When: Wednesday March 21st, 2012

Time: 4:30 to 6:00 pm

Location: SUDHHP conference room

1067 E. Tabernacle, Suite 10

St George, Utah

Please register for workshop by email SUDHHPinfo@utah.gov or by VP (435) 216-9305. If you need any ADA accommodations, please inform us at time of RSVP.



# Hiking!



**When: March 10th, 2012** 

Where: Johnson Canyon in Snow Canyon Park

Time: 9:00 am Meet at the Deaf Center

**Contact:** SUDHHPinfo@utah.gov.

RSVP: 2 days before the hike. If no one RSVP, we will cancel the hike for the month. Please RSVP with your contact information. In case of cancellations.

Bring water and snacks, wear sturdy shoes, and maybe bring a hiking stick if you need one. You know the drill! Sunscreen and hat.

No accommodations will be provided. If you need ADA accommodations, please contact Meredith.

Southern Utah Division of Services to the Deaf and Hard of Hearing 1067 E. Tabernacle, Suite 10 St George, Utah 84770 (435) 673-8974 v/tty (435) 216-9305 vp SUDHHPinfo@utah.gov













# Tinnitus Presented by Jodi Goodenough

Tinnitus: The persistent "Ringing" or "Noise" in your ears. Find out what are the causes and available options to help ease the symptoms of Tinnitus.



Friday March 30th, 2012 7:00 pm

Deaf and Hard of Hearing Center 1067 E. Tabernacle, Suite 10 St George, Utah 84770

<u>Please RSVP</u> before March 27th to Peggy at SUDHHPinfo@utah.gov or call (435) 628-5368.

Refreshments will be served.

If ADA accommodations are needed, please let us know at time of RSVP. FM systems and other assistive devices will be available.

DSDHI

Administration	email address	telephone #					
Marilyn Call, Division Director	mcall@utah.gov	801-657-5219 vp, 801-263-4889 v					
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Utah Interpreter Program	C	004 072 4075 004 757 504 4					
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Jennifer Storrer, Interpreter Trainer	jstorrer@utah.gov	801-263-4873 v/tty, 801-657-5213 vp					
Trenton Marsh, Interpreter Mentor	tmarsh@utah.gov	801-657-5215 vp					
Paul DeGraw, Interpreter Mentor	pdegraw@utah.gov	801-313-6808 v					
Clay Anderson, Interpreter Mentor	clayanderson@utah.gov	801 263-4870 v, 801-657-5212 vp					
Utah Independent Living Center staff housed at Sander	son Center						
Carole Peck, Peer Support Enhancement	carolpeck@utah.gov	801-657-5220 vp					
Vocational Rehabilitation staff housed at Sanderson Center							
Scot Ferre, Voc. Rehab Counselor	sferre@utah.gov	801-657-5221 vp					
Karen Osborn, Voc. Rehab Sec (Pt-time)	kosborn@utah.gov	801-263-4893 v/tty					
Michelle Draper, Interpreter	mddraper@utah.gov	801-313-6809 v					
Southern Utah		407 (70 007)					
Grant Pemberton, So. Utah Program Director	gpemberton@utah.gov	435-673-8974 v, 435-216-9306 vp					
Meredith Winn, Office Manager	meredithwinn@utah.gov	866-216-9305 vp					
Peggy Thomson, Hard of Hearing Specialist	pgarrison@utah.gov 435-628-5368 v						
Karen Butler, Program Assistant	kbutler@utah.gov	435673-8974 v, 866-939-3196 vp					

# Robert G Sanderson Community Center of the Deaf and Hard of Hearing

5709 South 1500 West Salt Lake City, Utah 84123-5217

RETURN SERVICE REQUESTED



# Map To DSDHH

For information regarding deadlines and submission of flyers, please contact Edie McCormick at 801-263-4860 v/vp/tty.

## Did You Know?

You can also view this newsletter and other current information online at:

WWW.DEAFSERVICES.UTAH.GOV

## Mission Statement

To provide opportunities and programs to individuals who are deaf or hard of hearing which enhance or maintain the skills necessary to fully participate in their employment, family and community.